Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-17 (cancelled)

18. (Currently amended) A <u>self-administered,</u> computer-aided method for improving a <u>patient's</u> ~~user's~~ emotional state comprising:

    a. receiving <u>emotional-profile data</u> from the <u>patient</u> ~~user~~ <u>by way of a computer, said emotional data including</u>:

        i. attributes of emotion perceived <u>by the patient</u> as influencing his general emotional state,

        ii. a weighting factor for each of said attributes of emotion <u>perceived by the patient as</u> representing a degree of influence ~~each of said attributes of emotion bears~~ on his general emotional state,

    b. receiving from the <u>patient</u> ~~user~~ <u>by way of the computer</u> an emotion feeling input representing ~~the emotion~~ <u>an emotional</u> feeling of the <u>patient</u> ~~user~~ at a particular moment,

    c. applying a first algorithm <u>by way of the computer</u> ~~to the attributes of emotions and the associated weighting factors~~ <u>to the emotional-profile data</u> ~~inputted by the user~~ so as convert the emotional feeling ~~inputted by the patient~~ into a happiness-index<u>,</u> ~~reflective of the emotional feeling, the attributes of emotion, and the weighting factors inputted by the user, said emotion feeling input so as to generate a happiness-index reflective of said user inputted attributes of emotions and said associated weighting factors,~~ <u>said first algorithm including a personal user learning mechanism for reducing bias inherent in the emotional-profile data received from the patient based during prior usage of said computer by the patient,</u> and

    d. ~~formulating~~ <u>presenting by way of the computer</u> a recommended course of action for the improvement of the <u>patient's</u> ~~user's~~

emotional state by applying a second algorithm to said happiness-index, <u>said second algorithm being configured to present said recommended course of action based on at least one database of treatment options associated with emotional data.</u> ~~received from the user.~~

19. (Currently amended) The computer-aided method for improving <u>patient's</u> ~~user's~~ emotional state of claim 18 wherein said receiving attribute of emotion includes receiving said attributes of emotion as a written input.

20. (Currently amended) The computer-aided method for improving a <u>patient's</u> ~~user~~'s emotional state of claim 19 wherein said receiving attribute of emotion includes receiving said attribute of emotion as a written input selected from a written list of emotional attributes.

21. (Currently amended) The computer-aided method for improving a <u>patient's</u> ~~user's~~ emotional state of claim 18 wherein said receiving attribute of emotion includes receiving said attribute of emotion as a verbal input.

22. (Currently amended) The computer-aided method for improving a <u>patient's</u> ~~user's~~ emotional state of claim 18 wherein said happiness-index is expressed in terms of a visual representation of rating enabling comparison to other generated happiness-indexes.

23. (Currently amended) The computer-aided method for improving a <u>patient's</u> ~~user's~~ emotional state of claim 18 wherein said happiness-index is expressed in terms of an audiovisual presentation.

24. (Currently amended) The computer-aided method of claim 18 wherein said providing a recommendation includes providing said recommendation drawn from a database containing an emotional-profile similar to that of the <u>patient</u> ~~user~~.

25. (Previously Presented) The computer-aided method of claim 18 wherein said providing a recommendation includes providing an interactive communications link to a qualified psychological professional who provides said recommendation.

26. (Previously Presented) The computer-aided method of claim 18 wherein said providing a recommendation includes providing an interactive communications link to a group of individuals that provides support and assistance.

27. (Previously Presented) The computer-aided method of claim 18 further comprising receiving updated attributes of emotion and associated weighting factors to be used by said algorithm in future happiness-index calculations.

28. (Previously Presented) The computer-aided method of claim 18 further comprising storing said inputted attributes of emotion, said associated weighting factors, said inputted emotional feeling and said recommendations into a collective emotional-profile data bank for the sake of improving future recommendations.